



# AGO Staff Bike Pool—Participant Registration

Please return this form to the bike pool coordinator, Leon Arundell (ext 1471) in Community Partnerships Team

## Road Rules

When using AGO bike pool bikes I will obey the road rules<sup>1</sup>, including those that apply specifically to bikes.

## Health and Fitness

I am sufficiently fit and healthy to ride a bike. In the case of conditions that raise doubts about my health and fitness<sup>2</sup> I have obtained medical advice, or will obtain medical advice before using the AGO bike pool.

## Cycling Proficiency

If I am not sufficiently competent at on-road cycling in traffic, then until I develop sufficient competency I will restrict my use of AGO staff pool bikes to cycle paths, shared paths and footpaths.

NAME (PLEASE PRINT)	
SIGNATURE	DATE

## Optional information

MOBILE PHONE NUMBER (FOR CONTACT IN EMERGENCY WHEN USING A POOL BIKE):	
EMERGENCY CONTACT:	
NAME	PHONE
MY PREFERRED HELMET SIZE IS:	MY PREFERRED BIKE FRAME SIZE IS:
WORK PHONE NUMBER:	

1 The "ACT Road Rules Handbook" can be found at [http://www.urbanservices.act.gov.au/transroads/roadsafety/roadrules/Road\\_Rules\\_Handbook.html](http://www.urbanservices.act.gov.au/transroads/roadsafety/roadrules/Road_Rules_Handbook.html). Printed copies are available from ACT government shopfronts (e.g. FAI Building, Akuna St Civic). Specific road rules for cyclists are in *Part E—Other Road Users*.

The *Enjoying Safe Cycling in the ACT* brochure includes a summary of the road rules that apply specifically to cyclists. This brochure can be found at <http://www.transport.act.gov.au/pdfs/safecycle.pdf>

2 The National Heart Foundation recommends that you see a doctor if you've been inactive and want to begin vigorous physical activity and:

- you are a male over the age of 35 or a female over the age of 45;
- physical activity causes pain in your chest;

- you often faint or have spells of severe dizziness;
- moderate physical activity makes you very breathless;
- you have a condition that gives you a higher risk of heart disease—for example smoking, being overweight, having a high blood cholesterol or high blood pressure;
- you think you might have heart disease or your doctor has said you have heart problems;
- you have a disturbance of your heart rhythm;
- you are pregnant.

Source: National Heart Foundation: *Be Active Every Day*  
[http://www.heartfoundation.com.au/downloads/be\\_active.htm#safely](http://www.heartfoundation.com.au/downloads/be_active.htm#safely)